

COVID-19 Ibibazo Bibazwa Kenshi

Ibibazo bibazwa kenshi kuri ngwara y'agakoko ka Coronavirus COVID-19.

Udukoko twa Coronavirusi ni iki?

Udukoko twa Coronavirusi ni umuryango munini w'udukoko dутera ingwara, ariko ubwoko bwinshi buzwi kuba buteza ubwandu bw'ingwara mu bantu, izi coronavirusi zisanzwe zitera ingwara zo guhumeka zidakabije kugeza ku zikomeye (nk'ibicurane bisanzwe [grippe]). Ibirushi bishasha bya corona, cyo kimwe n'Ingwara Ihambaye y'Uguhumeka [Severe Acute Respiratory Syndrome] (SARS), Ingwara y'Uguhumeka yo mu Buseruko bwo Hagati [Middle Eastern Respiratory Syndrome] (MERS), hamwe na COVID-19 zishobora kugira ibimenyetso bikabije cyane. COVID-19 ubwa mbere yakwiragiye mu bantu iturutse mu bikoko, ariko ubu yandukira abantu ivuye ku bantu nyene.

Mbese ikwiragira gute?

Ntibiragaragara neza uburyo COVID-19 ikwirakira mu bantu ku bantu byoroshye. Coronavirusi byandukira abantu akensi bikwiragira bijya ku bandi binyuze mu mate ataruka anyuze mu mazuru cyange mu kanwa harimo:

- Kunyura mu mwuka iyo umuntu akorora cyange yitsamura;
- Kwegerana cyane n'abandi, nko gukoranaho cyange kuramukanya mukoranye mu maboko;
- Gukora ku bintu n'ahantu hari ibirusi/imigera, maze nyuma ukikora ku munywa, ku zuru, cyange ku maso mbere yo gukaraba amaboko.

Ibi birasa n'uburyo ibicurane [grippe] n'izindi ngwara z'ibicye b'ihumekero zikwiragira. Kugeza tumenye byinshi ku buryo COVID-19 ikwiragira mu bantu byoroshe, abaganga bashobora kwambara ibyo kwikingira byiharije (k.r. ibifuka umunwa n'ibikingira amaso) mu gihe bari gupima cyange kureba nmba umugwayi afite kuba yaranduye ingwara ya COVID-19.

Ibimenyetso byayo ni ibyahe?

Turacyarimo kwiga ukuntu COVID-19 igira abantu. Ibimenyetso bishora kugarahgara mu misi mike nka 2 cyange myinshi nka 14 nyuma yo kwandura. Ibimenyetso by'abantu bagaragayeho ubwandu bwa COVID-19 bikunze kuba akensi birimo:

- Ubushyhe/Umuriro
- Gukorora
- Kubura umwuka

Nimba uherutse kuva mu ruzinduko ujya cyange uturuka mu bihugu biriho Impanuro z'Urugendo ku bwa COVID-19 maze ukaba uri kugaragarahi ibimenyetso by'umuriro cyange ubugwayi bw'ibicye by'ihumekero mu misi 14 nyuma y'uruzinduko rwawe, vugana na muganga wawe mbere yo kujya kuri biro ye aho akorera cyange kuri kigo cy'abaganga bita ku ndembe, maze ubabwire ko uherutse mu ruzindiko n'ibimenyetso byawe. Ushobora kandi guhamagara Ikigo cya Serivisi z'Ubuzima za Rubanda muri [NH Division of Public Health Services] kuri 603-271-4496, nimba ufile ibibazo cyange ubwoba.

Ni gute nakwikingira njye n'abandi?

Hari intambuko ushabora gufata ukagabaanya kuba wagwara ingwara z'ubwandu bw'ibicye by'ihumekero ndetse ukaba wakinga ikwiragira ry'imigera mu bandi bantu, izo ntambuko nazo ni:

- Gukaraba amaboko kenshi ukoresheje isabuni n'amazi byabuze kumara amasegonde. Koresha umuti wo gukaraba ku maboko urimwo alcool mu gihe isabuni n'amazi bitabonetse.

- Fuka umunwa n'izuru ukoresheje agatambara mushwara gakora rimwe gusa mu gihe ukorora cyange witsamura, urangije ugaté mu iyarara.
- Wiikora ku maso, izuru, cyange ku munwa n'amaboko adakarabye.
- Igihe utari mu rugo uri hanze, gumizaho byibura umwanya wa futi 6 [metero 2] hagati yawe n'abandi bantu. Ibyo bizwi nko kwishyira mu kato.
- Guma mu rugo ntujye ku kazi cyange ku ishure nimba ufite umuriro cyange wumva utameze neza.
- Reka kwegeera cyane abantu barwaye.
- Oza wongere ukoreshe umuti wica imigera ku bintu n'ahantu hakorwa kenshi.
- Iteze urishinge rwo gukiinga ibicurane [grippe] – igihe ntikiragenda cyane cyo kwikingira ibicurane.

Nibaza ko nanduye COVID-19, nakora iki?

Nimba wagaragaza umuriro n'ibimenyetso by'ingwara y'ibicye by'ihumeka, nk'inkorora cyange kubura umwuka, wahamagara muganga wawe mbere. Umuganga wawe azamenya nimba ushaka gupimwa ingwara ya COVID-19.

Umuntu wese ugaragaraho ibimenyetso bya COVID-19 bitapimwe bishobora kuvurirwa mu rugo yakwishira mu cyumba cya wenylene kugeza:

- Byibura imisi 7 irenganye kuva ugaragayeho ibimenyetso ubwa mbere, HAMWE NA
- Byabuze amasaha 72 (imisi 3) irenganye kuva ukize – bisigurwa nk'aho umuriro waba waheze ubwawo ata miti yo kugabanya ubushyuhe/umuriro mu mubiri wakoresheje cyange imiti yo kworosha/kugabanya ibimenyetso by'ingwara y'ibicye byo guhumeka.

Baho uzi icyo wakora igihe wogwara :

- Vugana na muganga wawe aguhe amakuru ku buryo bwo [kwikurikirana/kwita ku magara yawe igihe wagira ibimenyesto bituma wikeka ko wanduye COVID-19](#).
- Guma uvugana n'abandi kuri terefone cyange kuri email. Ushobora gusaba ubufasha abagenzi, abaryango, abaturanyi, abakora mu iby'ubuzima aho utuye n'abandi igihe wagwara.
- Hitamo umuntu Wabasha kukwitaho igihe byashika uwukugwaje nawe akagwara.